

The Human Rights Act provides advocates with the legal framework to hold public officials to account and to secure a person focused decision-making process, ensuring that rights are respected, protected and fulfilled. Talking about legally protected human rights can help advocates to navigate challenging conversations and to clarify the issues and find ways to resolve them.

The British Institute of Human Rights offers a range of bespoke human rights support for advocates. Our workshops offer a mix of information, activities based on real life scenarios and discussions designed to equip advocates the with knowledge and confidence to apply human rights in their practice every day. Our workshops for advocates are open to a maximum of 45 participants per session and we can deliver support both online and face-to-face.

One Off Workshops



Half day (2.5-3 hours) /full day (6 hours)

Interactive workshops made bespoke for the advocates attending.

Ideal for: Building advocates confidence and knowledge in human rights law and why it matters to advocacy, with a focus on a particular issue, setting or right.

Cost: Our workshop costs vary depending on, the workshop length, the status of the organisation and whether you would like us to deliver online or face to face. Contact training@bihr.org to discuss what would work best for you.

Suggested content: Workshops can be tailored to suit advocates needs and any human rights of interest. The rights that advocates most often request to discuss in workshops include Article 8: the right to private and family life, home and correspondence, Article 3: the right to be free from inhuman and degrading treatment, Article 5: the right to liberty, Article 2: the right to life and Article 14: the right to be free from discrimination.

Workshops offer a mix of information, activities based on real life scenarios and discussions designed to equip advocates the with knowledge and confidence to apply human rights in their practice every day. This might include challenging discrimination in service provision, ensuring that people's autonomy and views are respected in decisions about their care and support and ensuring that people are not deprived of their liberty unlawfully.

Lunch & Learn

5 x 45 – 60 minute sessions



A series of short, bitesize training sessions to access over lunch.

Ideal for: Busy organisations or advocates who cannot dedicate long periods of time for training or have a specific interest area.

Cost: With a block-booking discount, prices start from £700 per Lunch & Learn workshop.

Suggested content: A series covering different topics and delivered every fortnight or month to the same group. For example, workshop 1: an introduction to the Human Rights Act, workshop 2: introduction to Article 8 the right to private and family life, workshop 3 Introduction to Article 3 the right to be free from inhuman and degrading treatment, workshop 4 developing your confidence as an advocate to raise a human rights issue

Practice Lead Programmes



5 days overall delivered via a blend of half-day online and full day in-person workshops

A bespoke programme to enable sustained change and confidence.

Ideal for: Organisations looking to embed human rights learning and development internally through identified internal Practice Leads

Cost: Programme fees vary greatly depending on a variety of factors including duration and content. Contact training@bihr.org to discuss what would work best for you

Suggested content: The programme uses in depth focussed human rights based workshops to build a cohort of advocates that will champion using human rights in their practice and support fellow advocates to build their confidence in using human rights to achieve positive change. The content of the programme will be designed based on the needs and interests of the advocates.

Resource Co-Production



Co-produced human rights resources to support advocates to actively use human rights in their role. Resources can be created to provide clear, practical and relevant information that advocates can use to empower those that they support to use human rights to achieve positive change. This could include flowcharts for identifying rights and risk and how to raise a human rights issue.

Ideal for: Organisations looking for bespoke co-produced tools to increase human rights knowledge and confidence to support decision-making and challenges.

Cost: Resource co-production is costed on days of time required. BIHR's day rate is £620. A recent staff human rights toolkit cost £4,000.

Suggested content: See [our resource page](#) for inspiration.

Client Testimonials:

"It was really useful training and adapted well to Advocacy." - Participant from a workshop with SWAN Advocacy

"BIHR training sessions give the confidence to challenge decision makers/professionals." - Participant from a workshop with Gaddum Advocacy

"Very interesting and engaging. Concise and to the point and managed to cover a lot of different things in the limited space of time." - Participant from a workshop with Rethink Essex Advocacy